My Backyard Jungle: The Adventures of an Urban Wildlife Lover Who Turned His Yard Into Habitat and Learned to Live With It

Barilla, James - 2013 - 363 p.

**577.56 BARILLA** 

When James Barilla and his family buy their first house in South Carolina, they are determined to fulfill his dream of creating a backyard haven for wildlife. He signs up with the National Wildlife Federation to certify his yard as wildlife friendly and embarks on a learning expedition about the diversity of life and the consequences of human co-existence with wildlife. He researches the impact of green monkeys in Florida, bees in Brooklyn, and marmosets in Brazil as well as the usual bears, squirrels and rats, on urban and suburban life. He also examines urban planning concepts and the impact they have on wildlife and learns how to deal with the personal impact of wildlife in his backyard.

Barilla's narrative is engaging as well as entertaining. He uses his research to enrich the text and provides an extensive bibliography for those wishing to do look further into this topic. A fun and enlightening read.

## **Moving Miss Peggy**

Benson, Robert - 2013 - 163 p.

616.83 BENSON

Miss Peggy is suffering from dementia. Is it solely dementia or will it lead to Alzheimer's? Can it be slowed or turned around? No one knows for sure, not even the professionals. Miss Peggy's family is moving her to an assisted living facility where she can be looked after as her mental capacity decreases. This book is written by Miss Peggy's children, who use their strengths to do what they can for her. Of her four children, who will take her car keys away when she can no longer drive? Can she still go to church and the beauty parlor each week? How long can she keep working? How much pretending can you do before you notice the signs that have probably been there all along? Peppered through the book are questions from Miss Peggy herself as she goes through her move such as "Will anybody ever come to see me here?" This book, written from a family perspective, is caring and thoughtful and may answer some niggling questions a family may have when they have a loved one suffering from dementia.

### Goodnight Mind: Turn Off Your Noisy Thoughts & Get a Good Night's Sleep

Carney, Colleen E. and Rachel Manber - 2013 - 181 p.

616.83 CARNEY

Do you have problems sleeping at night? Then you may want to read this little book written by two psychologists – one is director of a sleep laboratory in Toronto, Canada and the other is director of the Insomnia and Sleep Medicine Program at Stanford University. In ten short chapters they explain the recipe for good sleep, help you find and set a proper sleep schedule, and offer ways to relax your body and quiet your mind on your quest for a good night's sleep. They identify three key ingredients for sleep: 1. A regular and optimally timed sleep opportunity. 2. A strong drive for sleep. 3. A quiet mind and body, and a comfortable sleep environment. As with all habits (regular interrupted nights of sleep do become a sleep habit), it takes practice to establish new habits that will lead to better, uninterrupted sleep. They also dispel many of the myths related to sleep.

# A Street Cat Named Bob: and How He Saved My Life

Bowen, James - 2013 - 279 p. <u>636.8 BOWEN</u>

James Bowen was barely making ends meet as a busker in Covent Garden, recovering from years of homelessness and drug addiction, when he came home one evening to find a ginger tom cat in his apartment building in north London. Bowen nursed the injured cat back to health, dubbed him Bob and delighted in their new friendship. One day Bob followed him onto the bus, settling into his guitar case when Bowen set up to perform. He quickly realized Bob was a draw. People also treated Bowen better when Bob joined him. People who'd ignored or judged him before looked at him differently: "Seeing me with my cat softened me in their eyes. It humanised me . . . . I had been a non-person; I was becoming a person again."

Bob's antics – he watches TV, rides on Bowen's shoulders, and teaches himself to use the toilet — are quite entertaining. And the way that caring for Bob brought Bowen new purpose, structure, and love as he put his life back together make this a heart-warming read. Bowen's compelling personal story reminds readers of the discrimination and danger street musicians and vendors face daily, the challenges that remain even after a homeless person finds a home, and the difference small acts of kindness and community resources (like libraries, where Bowen often used the computers) can make for someone putting his life back together.

#### The Log of the Molly B

Hogan, Pete - 2012 – 194 p.

797.124 HOGAN

This illustrated memoir tells of Hogan's harrowing journeys on his beloved Tahiti Ketch. Motorless, and with no communication devices, built by Hogan himself in Vancouver, the Molly B sails down the Pacific Coast and barely makes it through the Panama Canal. Hogan is bailed out numerous times by patient souls, and he carries on through the Caribbean and across the Atlantic to his native Ireland. After several years stopover there, the Molly B gets upgraded with a motor and all manner of useful electrical devices, which make for somewhat less nail-biting future trips. Hogan achieves a complete solo sail around the world, stopping along the way to repair the boat, stock up on provisions, absorb local culture, and rub elbows with other cruisers. He even meets his future wife along the way.

This is a fun read, greatly enlivened by the many colorful drawings, which bring alive the highs and lows of roughing it on the open seas.

## Ten Trees and a Truffle Dog: Sniffing Out the Perfect Plot in Provence

Ivey, Jamie - 2012 - 285 p.

944.91 IVEY

Jamie Ivey and his wife Tanya move from London to Provence and after a while decide that it is time to put down roots there. The arrival of their first child prompts them to look for a plot of land to build a house on, and that's when the trouble starts. Building a house is not an easy undertaking, especially in a foreign country. Jamie desperately wants to have truffle trees on their land, and a truffle dog, so they buy a black, mop-haired puppy that they name Snuffles. Jamie and Tanya must deal with a new baby, training a new puppy, building a house, running a business and a sudden shift in some of the locals' attitudes toward them.

This book is reminiscent of Peter Mayle's *A Year in Provence*. Jamie is honest about their struggles and successes in this challenging part of their lives. And the descriptions of wine and food, especially food with truffles, are mouthwatering!